

Week 1: How can I ensure I have the best start to my time at Trinity?	Week 2: How do I look after my own mental health?	Week 3: How do I make and maintain healthy relationships?
<p>Starting secondary school can be a challenging transition. It is important that we support you in developing the skills that will help you succeed at Trinity. These skills range from being organised, responding to feedback, joining extra- curricular activities to following the behaviour policy. Your mental health is also an important part of being successful. Mental health is about looking after your mind. A person with positive mental health is someone who can manage their emotions on a daily basis.</p> <p><u>Key Terms:</u> Transition: The process or a period of change. Growth Mindset: A growth mind-set is understanding that it takes time to learn skills and knowledge but they keep on trying.</p>	<p>1 in 5 young people suffer from mental illness. Not looking after your mental well being can lead to poor concentration, worrying and anxiety, consistent low moods and feeling overwhelmed by daily activities. People with mental health problems say that the social stigma attached to mental ill health and the discrimination they experience can make their difficulties worse and make it harder to recover. Instagram is found to be the form of social media that has the biggest negative impact on a persons mental well being.</p> <p><u>Key Terms:</u> Mental Health: A person’s condition with regard to their psychological and emotional well-being. Positive Mental Health: A person’s ability to fulfil a number of key functions, including: the ability to learn, the ability to feel, express and manage a range of positive and negative emotions.</p>	<p>A family is a group of people who are related to one another by blood, marriage or a strong common bond. Family conflict is the struggle or disagreement between parents, parent and child or other members of the family. Men and women can be victims of domestic abuse. There are many different types of abuse including physical, emotional, sexual, psychological and financial. The signs of abuse are not always visible.</p> <p><u>Key Terms:</u> Healthy Relationship: A relationship that allows both parties to feel supported and cared for. Bullying: Behaviour by an individual or group, repeated over time, that is intended to hurt another individual or group either physically or emotionally.</p>
Week 4: How do we celebrate difference and promote respect?	Week 5: How do I actively become an LGBTQ+ ally?	Week 6: How do different faiths pray for world peace?
<p>In 2018/19 there were 103,379 hate crimes recorded by the police in England and Wales The majority of hate crimes were race hate crimes, accounting for around three-quarters of offences (76%; 78,991 offences). People who commit hate crimes towards any group in society can face up to 7 years in prison. Examples of hate crimes are, hate speech, destruction of property and physical violence.</p> <p><u>Key Terms:</u> Diversity: The differences in racial, ethnic, socioeconomic, geographic or academic backgrounds of people.</p> <p>Prejudice: An opinion that you may have that is not based on reason or actual experience.</p>	<p>Over the last five years the proportion of people identifying as LGBTQ+ has increased in the UK. People who are between the age of 16 and 24 are more likely to identify as LGBTQ+ One in five LGBTQ+ people have experienced a hate crime or incident because of their sexual orientation and or gender identity in the last 12 months.</p> <p><u>Key Terms:</u> Discrimination: Treating someone differently based on who they are or what they look like. Homophobia: Treating someone differently based on their sexuality.</p>	<p>Theists are people who believe in God. Theists believe in different religions to each other such as Judaism, Christianity, Islam, Hinduism, Sikhism and Buddhism. Interfaith week of prayer for world peace is celebrated annually in the UK. Inter Faith Week’s aims are to:</p> <ul style="list-style-type: none"> • Strengthen good inter faith relations at all levels • Increase awareness of the different and distinct faith communities in the UK, in particular celebrating and building on the contribution which their members make to their neighbourhoods and to wider society • Increase understanding between people of religious and non-religious beliefs <p><u>Key Terms:</u> Gurdwara: A place of worship used by those who are Sikh. Synagogue: A place of worship used by those who are Jewish. Mosque: A place of worship used by those who are Muslim</p>